

North Carolina Senior Center Fact Sheet: 2014

Integrated Wellness System for Older Adults

Access to Vital Services

- Centers provide services such as tax preparation, legal aid, insurance counseling, support groups, & much more.
- Average center provides access to 25 services either onsite or through information & assistance.

Prevention of Isolation

- Centers offer access to exercise, arts/crafts, recreation, educational classes, etc.
- 74% of centers provide 15+ regular weekly activities.
- 56% have 10+ special events per year including social events, trips, & health fairs.
- 86% provide access to computers and lending libraries.

Health Promotion

- A growing number of centers offer evidence-based health promotion programs such as the Living Healthy & Living Healthy with Diabetes series, A Matter of Balance, & Arthritis Foundation classes.
- 99% of centers offer health promotion services/fitness classes to accommodate most fitness levels.
- 85% offer health screenings.
- 82% are furnished with fitness equipment.

Promotion of Volunteerism

- Average center has 115 volunteers, 82% of which are 60+, serving the center, community or both.
- Volunteers serve their centers in an average of 5 different ways (i.e. instructing classes, planning special events, serving meals, performing reception duties).
- Volunteers serve their communities in an average of 3 different ways (i.e. delivering meals, providing reassurance to homebound elderly, working in local hospitals/libraries).

Accessible & Affordable

- Integrated system serves as focal point for older adults in the community.
- 37% of centers do not charge fees for regularly scheduled classes or programs.
- Of those that charge fees, 60% charge for 10% or fewer. More than half that charge offer scholarships.

Innovative Model of Quality Assurance

High Level Certification Standards

Over 80 certified centers of excellence/merit in NC (over 60%) indicating exceptional standards of operation.

Specialized Staff Training

92% of center directors have attended at least one module of the Ann Johnson Institute for Senior Center Management. 54% have completed all 6 modules.

Funding & Support

- 79% of centers have annual budgets below \$299,999.
- Home & Community Care Block Grant & local government funding (county/city) are major funding sources.
- Average center has 6 funding sources including grants, donations, & fundraising.
- Centers are able to expand capacity through an average of 7 collaborative partnerships.

*NC figures are from the Senior Center Capacity Survey, provided by Dr. Mary Anne Salmon at UNC CARES. For more info contact the Division of Aging and Adult Services: Leslee Breen, (919) 855-3414 or Rebecca Freeman, (919) 855-3421 or visit <http://www.ncdohhs.gov/aging/scenters/scenters.htm>.